

Wheaton Senior Center at the Wheaton Community Recreation Center

Message from Senior Center Director: Alex Alcon

Welcome to the Wheaton Senior Center! My name is Alex Alcon and I'm the new Senior Center Director. I graduated from both West Virginia University with a bachelor's degree in Psychology, and Frostburg State University, where I received a bachelor's degree in Recreation & Parks Management. I'm also licensed as a Certified Therapeutic Recreation Specialist (CTRS).

I spent three plus years working for Montgomery Village Foundation, where programming for adults 55 and over was one of my primary responsibilities. I plan to implement a wide variety of programs/events that will actively engage our diverse group!

I'm a West Virginia Mountaineer and Atlanta Falcons fan. I enjoy watching and playing sports and have five dogs that keep me busy! I look forward to meeting you all soon!

April Programs/Events

Good Morning Wheaton!

Community Health Disease Prevention Programs

Tuesday, April 7, 9:30am—Free!

Join Jane Cashin from Holy Cross Health as she will discuss Health Disease Prevention classes that are available to the community!

Adriane Clutter, MC Recreation Division Chief

Tuesday, April 14, 9:30am—Free!

Ask questions about programs and services that Wheaton offers or what you would like to see in the near future!

Speaker's Series

Summer Safety for Seniors

Wednesday, April 29, 11 am—Free!

Montgomery County Police will provide helpful safety tips during the summer months. Presented by Police Officer K. Beard.



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Welcome to the Wheaton Senior Center where we offer various opportunities for members 55 years or better to socialize and enjoy recreational, educational, and cultural activities. Join us and experience what our Wheaton Senior programs have to offer!

Set a reminder for the following program/events:



Join us as Councilmember Gabe Alborno will be stopping by the Wheaton Community Recreation Center on Thursday, March 19th at 11:00am for coffee and conversations! No pre-registration required. Drop-in.



St. Patrick's Day Celebration!

Tuesday, March 17, 2020, 1pm

Join us for music and refreshments as we enjoy this international holiday. Free

New March Program!

Wheaton Walks-Free (Activity # 80296)

Every Wednesday starting March 4-May 27th
at 9:30am

Wheaton Walks is a walking program open to walkers of all fitness levels. Participants will meet at the Wheaton Community Center Lobby to participate in a group walk (approximately 3 miles) around the community.

Address:

11701 Georgia Ave.
Wheaton, MD 20902

Senior Center Hours

Monday-Friday
9 AM – 3 PM

Senior Center Director

Alex Alcon

240-773-4829

Community Center Hours

Monday-Thursday
9 AM – 9 PM

Friday-Saturday
9 AM – 11 PM

Sunday
1 PM – 5 PM

Community Center Phone

240-773-4825
Hablamos Español

Montgomery County, Maryland is committed to complying with Americans with Disability Act, (ADA). If you need auxiliary aids or services in order to participate (such as mainstream, companion, large print, ASL or cued speech interpreter) please call 240-777-6960 at least two weeks prior to participation. (TTY 240-777-6974)

Program Details

Computers & Technology

Tech Time— (Fridays) - 1-2 pm Receive one-on-one instruction on how to use your portable devices (smartphone, tablet or laptop). Please bring your device for your appointment. Ongoing.
Free! Pre-register at front desk

Fitness

55+ Bone Builders—(Tuesdays and Thursdays) 2-3 pm is a **free**, volunteer-led exercise program brought to you by Montgomery County Recreation, Montgomery County Health and Human Services, and the RSVP Volunteer Program. One-hour classes twice per week are designed to increase bone density. Participants lift ankle weights and hand weights and participate in warm-ups, cool-downs and balance exercises. Bone Builders has a strict attendance policy. Participants may register for only one class and must consistently attend twice per week to keep their spot. Interested participants are encouraged to observe a class prior to registering. For more information call 240-777-4925. **Registration for the spring session is full.**

Fitness 101—Workshop (Wednesday) - 10—11:30am (activity # 73977)
With a smaller group you get a more personalized training experience, similar to personal training, but you also get the benefits of group training (accountability, motivation, dynamic interactions and camaraderie). This program will teach you how to properly use gym machines and challenge your body with new moves and routines. Fee: \$15. 1 session: 3/18/20.

Laugh a Lap— (Fridays) - 9:15—10:15 am Join us for a relaxed walk around the indoor track while we socialize and share some laughs. This is a self-paced program. Ongoing. **Free! Pre-register at front desk**

Senior Fit —(Tuesdays and Thursdays) 1-1:45 pm is a fitness class offered by Holy Cross Health. The class is **free**, but registration is required by calling Holy Cross at 301-754-8800.

Socials & Clubs

Good Morning Wheaton!—(Tuesdays) 9:30-10:30 am—Free
Meet County staff, local businesses/providers, other agency representatives and your neighbors! Ask questions and stay informed on resources and topics of interest. Light refreshments provided. Ongoing.

March 3: meet Luisa Montero— Learn about the new developments and projects taking place in Wheaton!

March 10: meet Lylie Fisher-Montgomery County's Caregiver Support program will present an educational session to assist caregivers to learn about non-cost / low-cost services and supports that are available in this region.

March 17: Meet Rena— Rena Münster, a licensed acupuncturist will discuss how acupuncture works and the benefits it provides to seniors.

March 24: Senior Planet- Senior Planet offers free courses, programs, and activities that help seniors learn new skills, save money, get in shape, and make new friends. Join us to learn about upcoming programs!

March 31: Meet Leslie Jefferson-Giant nutritionist that will share 8 steps to a healthier diet.

Program Details

Social Games—(Fridays) 10am-12 pm—Free
Join us for games and socialize with other participants in the community lounge! Games include card games, scrabble, chess, checkers, etc.

Speaker’s Series
Transportation Options for Older Adults
Wednesday, March 4, 11 am—Free!
Tired of driving in traffic congestion? Looking for new transportation options to get to activities and appointments? Connect-A-Ride can help you find the transportation options that meet your specific needs. Presented by Harriet Block- JCA

Older Driver Safety
Wednesday, March 11, 11 am—Free!
This presentation will provide valuable insights on enhancing driver safety, provide awareness on distractions a lot of drivers are faced with and how to improve overall safety on the road. Shawn Brennan, DHHS

Protecting yourself against Scams and How to Stay Safe using Social Networks
Wednesday, March 18, 11 am—Free!
Montgomery County Police will provide safety tips to avoid becoming victims of scams and using Social Networks such as NextDoor to learn about what is happening in your neighborhood. Presented by Police Officer K. Beard.

Healthy Knees for Active Seniors – Renee Moten
Wednesday, March 25, 11 am - Free!
This presentation will share six steps to help reduce knee pain. This step by step noninvasive program will provide strategies to help stair climbing and walking less painful. Participants are encouraged to bring yoga strap for demonstration.

Sports

55+ Open Gyms for Pickleball, Volleyball, Basketball, and Badminton
Drop in and join in the fun. Sign up for a gym pass for \$30 per year or a Senior Sneaker pass for \$50 which also includes access to the fitness center!

Open Gym Badminton: Tuesdays 9am-12pm
Open Gym Basketball: Mondays 11:30am-2:30pm
Open Gym Pickleball: Mondays 9-11am; Wednesdays 11:30am-2:30pm and Fridays 11:30am—2:30pm
Open Gym Volleyball: Thursdays 10:30am-12:30pm

Nutrition Program Now Available

Our nutrition program is now available on Mondays, Wednesdays and Fridays! If you are 60 or older, you can make a donation of any amount. The cost is \$5.93 per meal for those under 60 years of age. Registration forms are currently available at the front desk. To make a reservation, please call **240-773-4833** at least 24 hours in advance.

Seniors After Hours...

Take full advantage of the community center hours by joining some of these classes that are being offered. Go to MOCOREC.com for additional information and to register, or call 240-777-6870.

Dance

Ballroom I (Couples) - 8 sessions (Thursdays) - 7—8 pm (activity # 77757) Fee: \$88. Begins 4/16/20

Ballroom II (Couples) - 8 sessions (Thursdays) - 8—9 pm (activity # 77758) Fee: \$88. Begins 4/16/20

Ballroom IV (Couples) - 8 sessions (Thursdays) - 9—10 pm (activity # 77759) Fee: \$88. Begins 4/16/20

Fitness

ACT—The Workout (Aerobic, Conditioning and Toning):

(Mondays, Tuesdays, Wednesdays, Thursdays) - 6—7 pm (membership pass required). Ongoing.

(Saturdays) - 9—10 am (membership pass required). Ongoing.

Memberships and Passes!

Open Gym: For just \$30 a year enjoy the many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, pickleball, and other individual and team sports. These are drop-in gym programs. See schedule for details. With this pass you may also use the Walking Track!

Senior Sneaker: This pass allows those 55+ to use the fitness/ weight room, for \$50 per year. Sign up at the front desk. This pass also includes the benefit of the Open Gym and Walking Track programs!

New to the area or have questions regarding our Wheaton Senior programs?

Contact Alex Alcon (Senior Center Director) 240-773-4829 or email
alejandro.alcon@montgomerycountymd.gov

Inclement Weather Policy

Wheaton Senior Center follows Montgomery County Schools for closures:

-If county schools are closed, all center activities are cancelled including the lunch program.

-If county schools close early, all center activities will be cancelled.

-If county schools are on a delayed opening schedule, there will be no lunch program. Senior Center operations will begin at 10:00 am.

Please check your Local News for operating status. You can also get messages by registering at

AlertMontgomery: alert.montgomerycountymd.gov to receive information on Recreation programs status.

Other Amenities

Community Center Amenities

Game Room

Billiard and table tennis are available free of charge!

Fitness Room

Check out our state of the art fitness room. By signing up for our Senior Sneaker pass everyone who is 55+ can use the fitness room for \$50 per year. Sign up at the front desk.

Walking Track

Check out our Walking Track that loops around the Second Floor! You only need either the Open Gym or Senior Sneaker pass to access it!

Library Programs

Wheaton Adult Book Discussion: Meets on the third Tuesday morning of each month from 11 am to 12 noon. Please join us for a monthly discussion on a selected book.

Device Assistance with Library Resources: Meets on the second Tuesday of each month from 2:00– 3:00pm. Learn more about getting e-books from the Library’s website.

African Writers Book Discussion Group: Meets on the third Thursday of each month from 2 :00– 3:00pm. Please join us for a monthly discussion on books from African writers.

In addition to the recurring programs listed above, we also offer the following programs/events:

50 +: Vital Living through Volunteering Special Event for Seniors- March 3, 2020 1:00-2:00 PM in the Wheaton Library Multi-Purpose Meeting Room

Cartooning for Seniors (50+) - a 5-week program taught by local artist Leila Cabib; Thursdays March 5- April 2, 2020 11:00 am -1:00 pm.

Registration is through the Library Events website.

Volunteers Needed!

If you are interested in teaching a class, assisting with the nutrition program or activity, please call Alex Alcon 240-773-4829 or email alejandro.alcon@montgomerycountymd.gov.



MARCH 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9 am Open Gym Pickleball 9:15—10:30 am Kelley’s Complete Fitness Workout 11:30 am -2:30 pm Open Gym 55+ Basketball 12 pm Lunch Served	3 9 am—12 pm Open Gym Badminton *9:30 Good Morning Wheaton! *1 pm Senior Fit *2 pm Bone Builders FULL	4 *9:30am-10:30am Wheaton Walks *11– Transportation Options 11:30 am -2:30 pm Open Gym Pickleball 12 pm Lunch Served	5 9:15 am Kelley’s Complete Workout 10:30 am -12:30 pm Open Gym 55+ Volleyball *1 pm Senior Fit *2 pm Bone Builders FULL	6 *9:15-10:15 am Laugh a Lap *10 am—12 pm Friday Games 11:30 am -2:30 pm Open Gym Pickleball 12 pm Lunch Served *1 pm—2 pm Tech Time by appt.	7
8	9 9 am Open Gym Pickleball 9:15—10:30 am Kelley’s Complete Fitness Workout 11:30 am -2:30 pm Open Gym 55+ Basketball 12 pm Lunch Served	10 9 am—12 pm Open Gym Badminton *9:30 Good Morning Wheaton! *1 pm Senior Fit *2 pm Bone Builders FULL	11 *9:30am-10:30am Wheaton Walks *11– Driver Safety 11:30 am -2:30 pm Open Gym Pickleball 12 pm Lunch Served	12 9:15 am Kelley’s Complete Workout 10:30 am -12:30 pm Open Gym 55+ Volleyball *1 pm Senior Fit *2 pm Bone Builders FULL	13 *9:15-10:15 am Laugh a Lap *10 am—12 pm Friday Games 11:30 am -2:30 pm Open Gym Pickleball 12 pm Lunch Served *1 pm—2 pm Tech Time by appt.	14
15	16 9 am Open Gym Pickleball 9:15—10:30 am Kelley’s Complete Fitness Workout 11:30 am -2:30 pm Open Gym 55+ Basketball 12 pm Lunch Served	17 9 am—12 pm Open Gym Badminton *9:30 Good Morning Wheaton! *1pm <u>St Patrick’s Day Celebration</u> *1 pm Senior Fit *2 pm Bone Builders FULL	18 *9:30am-10:30am Wheaton Walks *11– Staying safe from Scams 11:30 am -2:30 pm Open Gym Pickleball 12 pm Lunch Served	19 9:15 am Kelley’s Complete Workout 10:30 am -12:30 pm Open Gym 55+ Volleyball 11am Councilmember Gabe Albornoz Coffee & Conversations! *1 pm Senior Fit *2 pm Bone Builders FULL	20 *9:15-10:15 am Laugh a Lap *10 am—12 pm Friday Games 11:30 am -2:30 pm Open Gym Pickleball 12 pm Lunch Served *1 pm—2 pm Tech Time by appt.	21
22	23 9 am Open Gym Pickleball 11:30 am -2:30 pm Open Gym 55+ Basketball 12 pm Lunch Served	24 9 am—12 pm Open Gym Badminton *9:30 Good Morning Wheaton! *1 pm Senior Fit *2 pm Bone Builders FULL	25 *9:30am-10:30am Wheaton Walks *11– Healthy Knees for Active Seniors 11:30 am -2:30 pm Open Gym Pickleball 12 pm Lunch Served	26 10:30 am -12:30 pm Open Gym 55+ Volleyball *1 pm Senior Fit *2 pm Bone Builders FULL	27 *9:15-10:15 am Laugh a Lap *10 am—12 pm Friday Games 11:30 am -2:30 pm Open Gym Pickleball 12 pm Lunch Served *1 pm—2 pm Tech Time by appt.	28
29	30 9 am Open Gym Pickleball 11:30 am -2:30 pm Open Gym 55+ Basketball 12 pm Lunch Served	31 9 am—12 pm Open Gym Badminton *9:30 Good Morning Wheaton! *1 pm Senior Fit *2 pm Bone Builders FULL	<ul style="list-style-type: none">◆ An asterisk denotes activities that are free. Registration may be required. Check pages 2 & 3 for details. All other◆ activities require a fee. Please check with the front desk and/or refer to the Recreation Guide published each season or www.ActiveMontgomery.org for more information.			